

3.3 BUDDHIST PRACTICES AND RITUALS



PRACTICES AND RITUALS

WORSHIP

- ◉ Most Buddhist devotions are not performed in a temple or with a congregation except for major festivals
- ◉ People have a place set aside in their house for worship
- ◉ This can be done in the morning and/or in the evening

PRACTICE AND RITUALS

WORSHIP

- ◉ Buddhists can go to the temples at any time but more common for temple worship on festive or “special days”
- ◉ Buddhists also believe in

Puja



PRACTICES AND RITUALS

BOWING



- ◉ Bowing is a very important practice of Buddhists
- ◉ A lay person bows to a monk or nun to show respect
- ◉ Buddhists bow before sacred objects (for example, an image of Buddha) three times to honor the three refuges (we will get to this in symbols)



PRACTICES AND RITUALS

BOWING

- ◉ There are two aspects to bowing — the body action and the mind
- ◉ If one bows because it gives one the opportunity to demonstrate one's faith in the Triple Gem, because it seems the right thing to do, and because it leads the mind to calm, then it will be beneficial



PRACTICES AND RITUALS

BOWING

- ◉ If one bows without reason or because one feels that one must do so for appearance's sake, then it is a rather empty gesture
- ◉ You can stand or kneel



PRACTICE AND RITUALS

OFFERINGS

- ◉ Offerings are performed with chanting
- ◉ The most common offering is



PRACTICE AND RITUALS

OFFERINGS

- ◉ Flowers because they fade and wilt
- ◉ They emphasize the notion of impermanence



PRACTICE AND RITUALS

OFFERINGS

- ◉ Incense sticks are also burnt at home and in the temple to symbolize the “Buddha’s odour of sanctity”



PRACTICE AND RITUALS

OFFERINGS

- ◉ Another common offering is the light of a candle or a lamp as a representation of the Buddha's enlightenment.



PRACTICE AND RITUALS

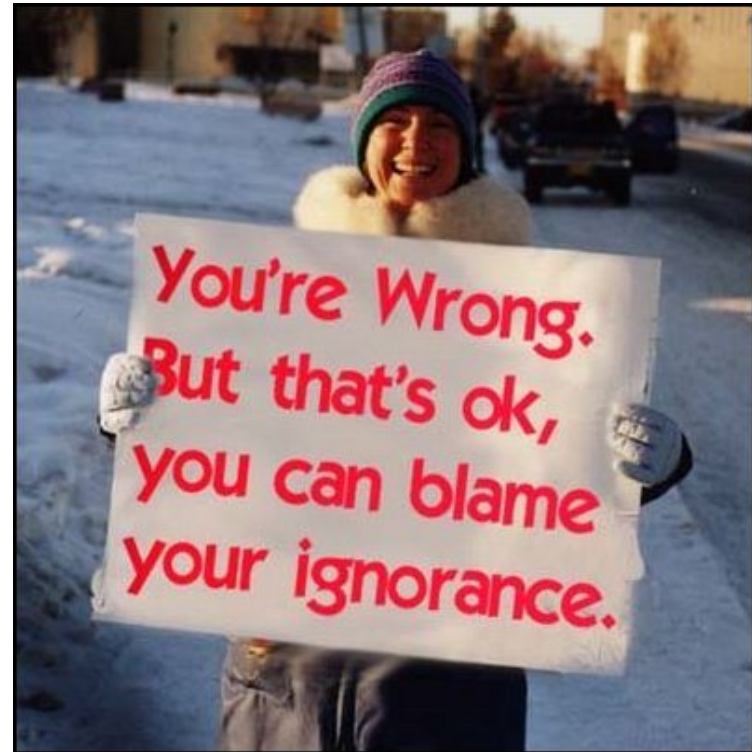
MEDITATION

- ◉ Meditation leads to wisdom, and wisdom leads to the end of suffering
- ◉ Purpose is to increase concentration, calm the mind and clear it of bad thoughts caused by:



PRACTICE AND RITUALS

MEDITATION



PRACTICE AND RITUALS

MEDITATION

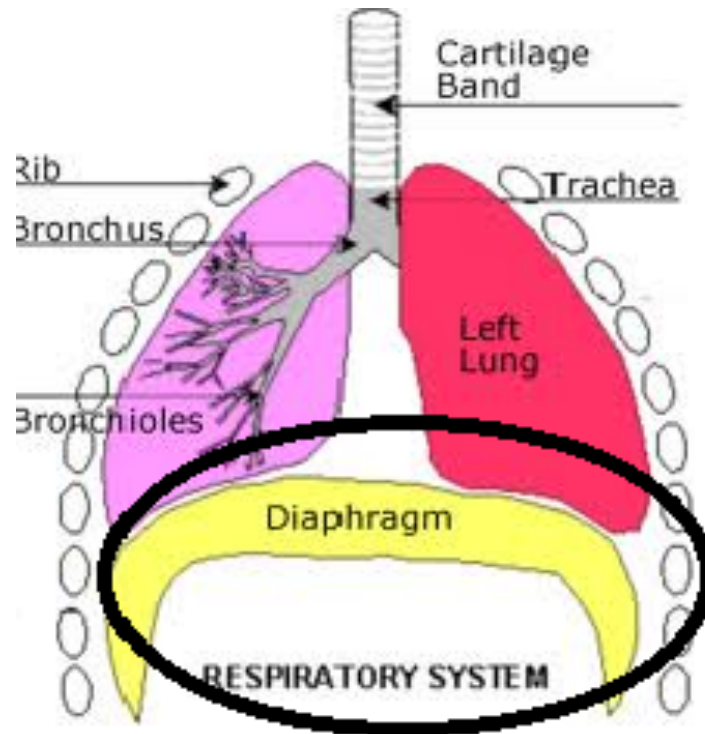
- ◉ Buddhists believe that meditation:
 - Brings inner peace
 - Which in turn will lead to compassion and humility
 - Improve confidence
 - Improve mental and physical health
- ◉ One should sit in the lotus position



PRACTICE AND RITUALS

MEDITATION

- ◉ In this position one concentrates on:



PRACTICE AND RITUALS

CHANTING MANTRAS

- ◉ **Mantra** is a symbolic phrase that helps keep Buddhists in touch with their spiritual nature
- ◉ Examples
- ◉ *Om Mani Padme Hum* is a mantra that means “Hale the jewel in the lotus” also the “protector of danger” so anyone who recites this phrase will be saved from all dangers

PRACTICE AND RITUALS: PRACTICES THAT CONTRIBUTE TO GOOD KARMA



The lay people will bow to the monks after
as a sign of respect

PRACTICE AND RITUALS

PRACTICES THAT CONTRIBUTE TO GOOD KARMA

- ◉ ***Dana***

- ◉ Ceremony where lay people donate



PRACTICE AND RITUALS

PRACTICES THAT CONTRIBUTE TO GOOD KARMA

- ◉ ***Dana***

- ◉ Often takes place in a temple but may also occur in a home



- ◉ Home, monks arrive around 10am and

- ◉ Important sign of hospitality



DAILY RITUALS OF A BUDDHIST MONK

- ◉ Day begins at 3:30 AM
- ◉ After washing and putting away their bedding, the monks go to the main hall for chanting
- ◉ After, the meditating monks go to the meditation hall, students to go the study hall, and working monks to their place of work

DAILY RITUALS OF A BUDDHIST MONK

- ◉ More chanting and a meal of rice at 10:30am to mark Buddha's habit of eating only once a day
- ◉ At mid-day the monks eat lunch
- ◉ Return to their perspective activities.
- ◉ 6 pm chanting
- ◉ Day end at 10pm